



YOUR BENEFIT FOR LIFE

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1. Wellness Tips:

Got the Monday Blues?

A recent study suggests that the average worker **does not smile** until **11:16am** on a Monday morning. Also, most struggle to get **3 hours** of productive work done. Researchers suggest a few ways to get over the Monday Blues feeling by watching tv and online shopping before work.



Neck Pain? Try This!

Inhale, hold the breath. Lift your shoulders high up to the ears and squeeze them straight back. Exhale, squeeze your upper shoulder blades together and drag them down the back. Keep the arms relaxed. Inhale, breath into your upper back. Exhale, pull your mid-shoulder blades together and down. Inhale, broaden the upper back. Exhale, squeeze the bottom tips of your shoulder blades together, elbows squeezing towards each other and drag down. Do three sets.

2. Healthy Recipe: **Macaroni & Cheese**

You'll wonder why you ever bought that boxed stuff in the first place!

Ingredients:

- 2 Tbsp butter
- 1/2 yellow onion, minced
- 2 Tbsp flour
- 3 cups milk
- 2 cups shredded extra-sharp Cheddar
- Salt and black pepper to taste
- 1 lb elbow macaroni, penne, or shells
- 1/4 cup chopped Pickled Jalapenos
- 2 oz prosciutto or ham, cut into thin strips
- 1/2 cup panko bread crumbs
- 1/4 cup grated Parmesan

Directions:

Preheat the oven to 375. Melt the butter in a large saucepan over medium heat. Add the onion and cook until soft and translucent (but not browned), about 3 minutes. Add the flour and stir to incorporate into the butter. Pour in the milk a few tablespoons at a time, using a whisk to incorporate the flour and prevent lumps from forming. When all the milk has been added, allow the sauce to simmer for 10 minutes, until it begins to thicken. Stir in the cheese and season with salt and pepper. Cook the pasta according to the package instructions until al dente, drain, and return to the pot. Add the cheese sauce, jalapenos, and prosciutto and stir to fully incorporate. Pour into large baking dish and top with bread crumbs and Parmesan. Bake for 10 minutes. Turn on the broiler and broil until the bread crumbs are golden brown and crispy, about another 3 minutes. <http://www.sparkpeople.com>



3. Wellness Coupon

Need to get away from all of the stress of work and the summer?
Escape for a night of relaxation at the **Comfort Inn** in Fond du Lac.

The **Comfort Inn** is offering all county employees **20% off your stay at their hotel.**

Just print this email out and call **Comfort Inn Hotel at 921-4000 for reservations.**

They are located at 77 Holiday Lane in Fond du Lac.

Offer expires 12/30/2011

Offer only good on Mondays, Tuesdays, and Wednesdays.

** Offer not valid with any other offer or on special events.*

Stay Well!

